i hate rehab

*an abolitionist zine made while going to fucking rehab 'cause i don't have a choice in the matter

'by anonymous

the number one reason i hate rehab (and other psychiatric & therapeutic institutions) is because i don't have – sorry, nobody has – a choice about whether to go or not go.

if you didn't consent, you can still be sent to rehab. if you did technically consent, it's 'cause it's always the last resort, the only option you have left; whether you have abusive parents and you're trying to get someone to believe you, you're an addict or an alcoholic and you're trying to get sober or even just get high less or drink less, or you're mentally ill and you're trying to be in less pain or whateva, rehab is not a place you want to go. it's a place you have to go.

the number two reason i hate rehab is 'cause once you do go, you're subject to the politics of whoever & whatever is at the helm, and i'd argue that's no accident.

it is my personal belief there are multiple ways to be healthy & live a vibrant, fulfilling life, but at most rehabs i've been to or even heard of, that's just not the case. there is one right way, and not only do you have to do the right things, you have to be thinking the right thoughts; everything is under your control, or else everything is your fault, if something isn't working you're not trying hard enough, there is no such thing as systemic oppression, trauma is a new fad.

Call On His Name

if you can not go to rehab, i am begging you, do not go to rehab. go to a harm reduction clinic instead! or a friend's house. or something

namely, of course, at rehab, they don't just want you to be clean, they want you to be super-clean, uber-clean. there are odd exceptions like vapes or coffee, but even the basis of a new addiction, your addictive personality, is reformed. you cannot seek too much joy at the expense of too much pain, 'cause you will be reformed. i don't necessarily have a problem with sobriety or sober people, but the things that aggressively sober people will try to teach you about addicts (and from here 'addict is shorthand for both 'addict' and 'alcoholic') are fucking heinous & cruel. the most liberal, softest staff at a rehab will treat addicts with a shocking amount of kindness if, and only if, the addict accepts their new & sudden lack of choice. every moment, every day you make progress – and of course it's according to their standards – they love you. every single time you relapse or regress or get resentful or angry, they will attempt to correct you immediately. it's more subtle than beating you.

the number five reason i hate rehab is 'cause if your shrink recommends you get away from your life at home, your parents, by going to the same facility that was recommended directly to your parents a year or so ago, that's when you know that no, she doesn't actually believe you, someone doesn't actually finally believe you. she wants to think she does, so she can affect your behavior & your thinking, and

i'm tired. i am kind of tired of apparently necessary evils, and infrastructure that even my most radical friends insist i have to accept & learn to live with, even with the acknowledgement that they are built to dehumanize, and i am tired of being dehumanized.

the number four reason i hate rehab is 'cause rehab will actively prevent you from building solidarity with the other patients/clients/members. depending on where you go, they might encourage you to build community, right, but that's means friendship, not just friendship but carefully surveilled & managed friendship. depending on what you say to each other, your friends might report themselves or you for breaking the rules, and even if they don't want to, someone's text messages or computer usage might be monitored. you cannot ever provide support unless you also provide the same judgment and course correction as the staff, otherwise you're an enabler.

it's cringe when staff at a rehab try to be cool, try to make you think sobriety is cool. 'how do you do, fellow kids?' it's also a bit deeper than just cringe; 'cause i've noticed that for a lot of people, especially aggresively sober people, 'cool' means 'Black,' or 'poor.' i think it's awful to wail on each of our neighborhoods with those predetermined spikes in addiction, watch how we may just barely survive, and then afterwards, you take the way we speak, and you present it to others to say, look, we are of the streets, homie. let us in.

there is a neon sign at the facility i've been going to that speaks, as it were, in AAVE. it's the number three reason i hate rehab.